



A FEW GRAY HAIRS

 **Kite Flying Day**
Wed. Feb. 8

A Newsletter of the Georgetown Council on Aging

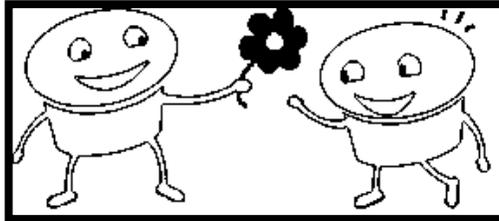
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Director's Notes... No matter where we live, by mid-February we are all ready to have our spirits lifted! The holidays are over, the days are short and spring seems so far away! But then, Valentine's Day arrives and the stores are filled with red and pink hearts and chocolate has become its own food group! With the focus on sweet thoughts (and tasty treats), our moods can't help but be lifted! Many years ago, I can remember purchasing several seed packets for my husband as a Valentine's Day treat. At a time when the budget was tight, I had found ten seed packets bargain at the time. Featuring beans, cucumbers and squash, I decoration to the heart-shaped sculpted for dinner. To me, they for the spring that would soon be home from work that night, he gave me a miniature rose bush as my Valentine's Day present. The little rose bush was carefully tended over the winter and then planted in our garden that spring along with plenty of vegetables. The crops may not have been mighty but they couldn't have been sweeter. Whether or not you plan a garden this spring, why not sow a few seeds of kindness this Valentine's Day? The kindness that has surrounded our new Senior Center has not only lifted our spirits but has made all the difference in the success of the project. A note to a family member, a cup of tea shared with a friend or a smile to a fellow shopper during this month of caring would brighten any day and produce a crop of good feelings that would yield one bountiful harvest!



for a dollar! A tremendous colorful pictures of lettuce, peas, fanned out the seed packets as meatloaf that I had carefully were seeds of hope and a promise ahead. When my husband arrived



Update:

Georgetown Senior Community Center's

Grand Opening

It's been a long passage, but our new facility will soon be ready. Barring major complications, we should be moved and settled in before this mailing reaches you. Please plan on joining us on **February 15** for our grand opening. Details are being completed, but will include a Valentine Lunch provided by students at the Whittier Vo-Tech Culinary Program. Check for further updates with the Council on Aging.

Trustees of the Perley School

Continue to Offer Limited Fuel Assistance

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

The COA and all activities will be closed on Monday, February 20 for Presidents' Day

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

February Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



FEBRUARY VAN SCHEDULE 2017

Shopping Date	Location	Recreation Date	Location
Feb. 7 9:30	NO VAN – Brown Bag Only	Feb. 2 9:30	Super Walmart/Salem, NH
Feb. 14 9:30	Riverside/Haverhill	Feb. 9 10:30	North Shore Mall/Peabody
Feb. 21 9:30	Plaistow, NH	Feb. 16 10:30	Seabrook, NH
Feb. 28 9:30	Newburyport	Feb. 23 10:30	Westgate/Haverhill
		Mar. 2 9:30	Super Walmart/Salem, NH

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

VISITING NURSE: **Wed. Feb. 1, 9:30-10:30 a.m.**
Due to scheduling conflicts, Pam will be here on the following dates for March and April clinics:
Tues. Feb. 28, 9:30 a.m. for March clinic
Wed. March 29, 9:30 a.m. for April clinic
She will resume her regular schedule of visits on **Wed. 5/3**.
Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

MEN'S BREAKFAST: **Thurs. Feb. 2, 9:30 a.m.**
Rescheduled from January, Georgetown Fire Chief Fred Mitchell will speak on "Fire Safety in the Home".
With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: March 2**

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **February, March or April**. Call the COA office for assistance or further information. (978) 352-5726.

Local Legislators' Office Hours
State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

Tues. Feb. 14
11 a.m. - noon

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov
Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

For more information, contact the COA at 978-352-5726.

WHITTIER VALENTINE LUNCHEON:

Wed. February 15, 12 p.m. See pg. 3 for details.

GEORGETOWN SR. COMMUNITY CENTER OPEN HOUSE:

Wed. Feb. 15 See pg. 1 for details

ESMV NUTRITION PROGRAM:

Tues. February 21, 10 a.m. See pg. 3 for details.

FEBRUARY BIRTHDAY CELEBRATION:

Tues. February 28, 12 p.m. (Note new time)
Help us send best wishes to our friends who were born in February. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/21/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

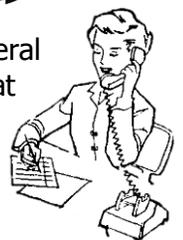
Free Legal Help offered by Atty. Elaine Dalton

Tues. February 28, 10 a.m.
Assistance available for: *Health Care Proxies, *Durable Power of Attorney, *Elder Law Issues 
*15 min. appts. available by calling COA at 978-352-5726

VOLUNTEERS NEEDED

The Council on Aging is in need of several volunteers to staff the reception desk at the new senior center.

If you are interested, please call the COA at 978-352-5726



Health & Wellness Classes

All classes are held at Georgetown Senior Community Center
unless otherwise noted.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.



Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:30 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

Walking Club
Tuesdays & Thursdays
2-3 p.m.
Participants must
pre-register with the COA.
978-352-5726

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 9 Games	Free Space	1st & 3rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72



SPECIAL VALENTINE LUNCH

Presented by Culinary Arts Students
 Whittier Regional Voc. Tech. H. S.
Wed. Feb. 15, 12 p.m.

- Special Valentine's Day Menu
- \$5 donation is suggested to support the Culinary Arts Program at Whittier Regional Vocational Technical High School.
- Reservations are required by Wed. February 8
- Please call the COA office at 978-352-5726.



Nutrition Program Scheduled "Eating the Rainbow"

Presented by
Leigh Hartwell, Registered Dietitian, ESMV
Feb. 21 at 10 a.m.

The color of your food can tell you a lot about its nutritional value & eating a variety of colors is one sure method to get as many of those vitamins & minerals as possible.

Topics for this lesson include:

- Specific health benefits of eating a variety of fruits/vegs,
- Creative ways of incorporating fruits/vegs into all meals,
- Tips on eating healthy on a budget,
- A cooking demonstration,
- Question and answer time

A healthy snack will be served.

To assist with planning, please rsvp to the COA at 978-352-5726.

Looking ahead:

St. Pat's Luncheon **Wed. March 8 12 p.m.**

Presented by

ESMV Traveling Chef

~Corned Beef & all the Fixin's~

Call the COA at 978-352-5726 to RSVP by 3/1/17



AARP Tax Prep Assistance Available

Open to: Elders & other moderate-income individuals
Where: Georgetown Sr. Community Center
 51 North Street ~ Georgetown
When: Thursday mornings Feb. 9 - April 13

Appointments are required.

8 one-hour sessions available each Thurs. starting at 9 a.m.

To schedule an appointment, call the COA office at (978) 352-5726.

Things to bring with you to your appointment:

- ☆Copies of 2015 Federal & State tax returns
- ☆Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks & mutual funds), 1099-HC (proof of healthcare).
- ☆Costs of Medigap/Medicare Advantage Premiums
- ☆Some form of Personal Identification
- ☆To determine Circuit Breaker Tax Credit, bring 2016 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.



High School Students Offer Snow Removal Assistance

Recognizing that it is often hard for older adults to shovel snow from stairs and walkways, students at Georgetown High School have offered to provide snow removal assistance to local elders. In partnership with the school's Community Service Program and other student service groups, elders with a need for assistance will be connected with a student volunteer. **To register for the program, call the COA at (978) 352-5726.**



Heating Assistance Program

Application Packets are now available at the COA.

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is **\$34,001** for one-person or **\$44,463** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.



Attention Seasonal Travelers!

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.



Scam Alert!

The Executive Office of Elder Affairs recently received reports of scam telephone calls to local elders regarding Medicare and Social Security. The elders who received the telephone calls reported that the caller said that Medicare is going to change and asked them to provide their Social Security numbers as well as their birth dates. The calls were received in the evening after the close of the business day. Please remember that neither Medicare nor Social Security will call you and ask for your Social Security number or other confidential information. If you receive a call, please just hang up the telephone! Remember to never disclose any personal information over the telephone or to any source that you did not solicit yourself!

Circuit Breaker Tax Credit

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners and renters who meet income limits and other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real estate taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$720,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$57,000 single; \$71,000 head of household; \$86,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2016 is \$1,070. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**

Medicare Open Enrollment is over: **Can I still change my Health Plan?**

Under certain circumstances you can make changes to your health insurance plan.

- *If you have a **Medicare Advantage Plan**:* between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or "**Medigap**" Plan.
- *If you have **Prescription Advantage*** you can change your drug plan one time per year.

For more information or assistance in making a change, call the Georgetown COA at 978-352-5726. You can also contact a SHINE representative at 1-800-243-4636, opt. 3.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Visiting Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc. The nurse is also available for Trestle Way residents in the Community Building on the first Wednesday of each month @ 12:30 p.m. for blood pressure, weight & diabetic checks.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 12/6/16

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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Haverhill, MA



Georgetown Council on Aging
51 North Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:
Monday – Thurs. 8 am – 4 pm

Georgetown
Senior Community Center
51 North Street
Georgetown, MA 01833

Open:
Monday – Wed. 9 am – noon

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at **12:30 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**
NEXT BOARD MEETING:
Tuesday February 28, 2017
(Please note new time)

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Kirsten Klueber, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Meal Site Coordinator: Mickie Locke
Board Members:
Jeannine DesJardins, Chair
Caroline Sheehan, Treasurer
Jean Perley, Secretary/Clerk
Sue Clay, Corona Magner,
Esther Palardy, Diane Prescott,
Nancy Thompson, Ann Stewart
Alternates: Janice Downey, Jill Benas

Town of Georgetown:
Michael Farrell, Town Administrator
David Surface, Board of Selectmen, Chair
Douglas Dawes, Board of Selectmen
Gary Fowler, Board of Selectmen
Steven Sadler, Board of Selectmen
Joe Bonavita, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

February Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
6 Stuffed Shells/Meat Sauce, Cauliflower, Dinner Roll, Pudding	7 Baked Chix/Pineapple Sauce, Asian Blend Veg, Rice, Fruit, Oat Bread	1 Seafood Chowder, Cheeseburger/Roll, Mashed Pot, Carrots, Fruit
13 Swedish Meatballs, Pasta, Peas, Fruit, Wh Wh Bread	14 Baked Stuffed Chix, Mashed Sweet Pot, Lemon Broccoli, Strawberry Parfait, NG Bread	8 Tortellini Soup, Baked Fish, Orzo Pilaf, Capri Blend Veg., Wheat Bread, Fruit Crunch Bar
20 CLOSED: Presidents' Day	21 BBQ Chix Drumstick, Corn/Red Peppers, Mashed Pot, Wh Wh Bread, Grahams	15 Whittier Vo-Tech Valentine Luncheon RSVP Before 2/8/16
27 Chix Teriyaki, Rice, Asian Blend Veg, Pineapple, Honey Wh Roll	28 Mac 'n Cheese/Crumb Topping, Spinach, Dinner Roll, Chef's Choice Dessert. Birthday Cake, Ice Cream	22 Beef Burgundy/Onions/Mushrooms/Pasta, Vegetable Soup, Green Beans, Roll, Fruit

Lunch Program Note: As of February 1st (OR when we are moved into the new facility),
Meals will be served at 12:00 p.m.
Please make note of the time change.

FEBRUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:30 Yoga 9:30 Visiting Nurse 12:00 Lunch	2 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training 2:00-3:00 Walking Club *Tax Prep By Appointment*
6 NO SHINE this month 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:00 Bingo	7 No Shopping Van- Brown Bag 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	8 9:30 Yoga 12:00 Lunch	9 10:30 VAN: No. Shore Mall 10:45 Strength Training 2:00-3:00 Walking Club *Tax Prep By Appointment*
13 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:00 Bingo	14 9:30 Van: Riverside/Hav. 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	15 New Sr. Ctr. Open House Details to come 9:30 Yoga 12:00 Whittier Valentine Lunch	16 10:30 VAN: Seabrook, NH 10:45 Strength Training 2:00-3:00 Walking Club *Tax Prep By Appointment*
20 CLOSED: Presidents' Day	21 9:30 Van: Plaistow, NH 10:00 Nutrition Program 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	22 9:30 Yoga 12:00 Lunch	23 10:30 VAN: Westgate/Hav. 10:45 Strength Training 2:00-3:00 Walking Club *Tax Prep By Appointment*
27 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:00 Bingo	28 9:30 Van: Newburyport 9:30 Visiting Nurse (Note Change) 10:00 Free Legal Help by appt 12:00 Birthday Lunch 12:30 COA Board Meeting 12:30 Strength Training 2:00-3:00 Walking Club	Mar. 1 No Visiting Nurse today. Changed to 2/28/17 9:30 Yoga 12:00 Lunch	Mar. 2 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training 2:00-3:00 Walking Club *Tax Prep By Appointment*

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.

